

STATE OF MISSISSIPPI
DEPARTMENT OF FINANCE AND ADMINISTRATION
OFFICE OF INSURANCE
P.O. BOX 24208
JACKSON, MS 39225-4208

Presorted Standard
U.S. Postage
PAID
Jackson, MS
Permit #1022

New Mail Order Phone Number

Catalyst Rx wants to ensure that you receive the highest level of service whenever you have a prescription filled by mail order. That is why Catalyst Rx has teamed with Walgreens Mail Service to provide a separate customer support number for mail order prescriptions claims: 1-866-827-9480

This new number should help provide you with easier access, increased convenience and personalized service.

If you have any other questions regarding your pharmacy benefit program, you can still contact the Catalyst Rx team at 1-866-757-7839. Representatives are available 24 hours a day, 7 days a week.

Know Your Benefits

Who Am I?

*Do you know which enrollment category you are in?
Are you a Legacy Employee or a Horizon Employee?*

Active employees who began their full-time employment with the State prior to January 1, 2006 are considered Legacy Employees. This includes any current, or subsequently hired, employee who was ever employed by a Mississippi state agency, public school district, public library, community/junior college, or university prior to January 1, 2006.

New employees hired on or after January 1, 2006, who have not previously been employed full-time by the State prior to January 1, 2006, are classified as Horizon Employees.

April 2006

STATE AND SCHOOL
EMPLOYEES'

Life AND Health

P L A N

Know Your Benefits

HAVE YOU USED YOUR NEW WELLNESS/PREVENTIVE BENEFIT?

Effective January 1, 2006, the Plan began providing an annual maximum wellness/preventive benefit of \$250 for adults age 18 and older. Benefits are provided at 100% of the allowable charge for office visits and certain diagnostic tests based on your age and gender. Your wellness benefit is not subject to the calendar year deductible – so take advantage of this first dollar coverage!

\$250

A list of the covered wellness/preventive tests can be found at the Plan's web site, <http://knowyourbenefits.dfa.state.ms.us> under Wellness/Preventive Care, or can be obtained by calling Blue Cross & Blue Shield at 800-709-7881.

Remember, you must use an AHS State Network participating provider in order to have coverage for these services. A list of participating providers can be found at the Plan's web site or you can call the AHS State Network at 800-294-6307.

In This Issue...

- Wellness/Preventive Benefit
- Intracorp introduces new programs
- Lifestyle Programs
- Health Risk Assessment - Get Informed
- Member Discounts
- Smart Steps Disease Management
- WebMD
- New Mail Order Phone Number
- Who Am I?

Benefits

Intracorp Introduces New Programs for Plan Participants

As a participant of the Mississippi State and School Employees' Health Insurance Plan, your link to health care services is Intracorp. A company with a long history of caring, Intracorp offers confidential coordination of care and patient support services at no charge to you – it's part of your benefits program. Starting in 2006, Intracorp is offering you even more...

...by introducing new programs and services:

- Lifestyle Management programs for tobacco cessation, stress management, and weight management.
- Expanded healthinfoseeker.com website that includes WebMD and an online Health Risk Assessment.
- Healthy Rewards member discount program.

Lifestyle Programs

Do you want to quit smoking, manage stress, or lose weight? Choose one of these Lifestyle Programs to help you learn how to modify your behavior to meet your health goals.

Member Discounts

Log on to <http://knowyourbenefits.dfa.state.ms.us> and click on Health Info Seeker to access discounts for weight management programs. This program also offers savings on a variety of tobacco cessation products such as patches, gum, and lozenges.

Also look for discounts on anti-cavity products, vitamins, and other health and wellness products, along with savings on several yoga offers and healthy lifestyle products.

Accessing these services is easy! **Just call Intracorp at: 1-800-523-8739 or log on to <http://knowyourbenefits.dfa.state.ms.us> and click on Health Info Seeker.**

Health Risk Assessment – Get Informed, Then Get Control

You're ready to make a commitment to better health. First, you need to better understand your personal health status. Are there specific factors that contribute to your health? Are they hereditary? Are they controllable? Is there a healthy living plan out there that meets your unique needs?

If you're asking these questions, then you're ready to take **WebMD's HealthQuotient™ Health Risk Assessment**, a personal health management tool available to you on healthinfoseeker.com. By completing the assessment, you'll learn what you need to do to get better control of your health.

Using a brief online questionnaire, HealthQuotient™ can help you:

- Identify and monitor your personal health status
- Obtain a personalized analysis of many preventable and common conditions
- Review details of your contributing risk factors
- Access recommended steps for improvement, interactive tools, and wellness information

More than 5,000 calculations will take place behind the scenes as you complete the questionnaire, ultimately providing you with a powerful and accurate assessment of your health status. This service is completely confidential.

Smart Steps Disease Management

Living with a chronic condition can be a real challenge. Smart Steps was created to help individuals manage a chronic condition without letting it get in the way of their lives. If you like the idea of having a dedicated group of nurses help you manage your chronic condition, then the Smart Steps program is for you. Have you ever gone to the doctor's office and then realized after you left that you forgot to ask a certain question? Your Smart Steps nurse will answer questions about your condition, guide you to additional resources that can provide in-depth health information, and provide suggestions that help you and your doctor create a more effective treatment plan.

Intracorp provides disease management for participants with:

Asthma
Diabetes
Heart disease
Chronic obstructive pulmonary disease (COPD)
Low back pain
Acid related disorders
Atrial fibrillation
Decubitus ulcer
Fibromyalgia
Hepatitis C
Inflammatory bowel syndrome
Irritable bowel syndrome
Osteoarthritis
Osteoporosis
Urinary incontinence

Smart Steps

If you have one or more of these conditions, you may have already been contacted by Intracorp.

If you haven't been contacted and would like more information about the program, log on to <http://knowyourbenefits.dfa.state.ms.us> and click on Health Info Seeker. The password is dfaoi.

Smart Steps can help you become more proactive in managing your medical condition.

WebMD

Through the healthinfoseeker.com web site, you have access to WebMD. WebMD's useful online tools include:

- **Personal Disease Management.** This handy page helps you keep track of your personal health record – doctor visits, billing, and more. It provides an easy way to review your health history at any time.
- **WebMD Symptom Checker.** Not sure why you have a pain in your knee? Or a tight feeling in your back? Then use WebMD's Symptom Checker. This animated tool lets you choose the body area you have questions about and then provides you with a list of related medical problems and the symptoms to review.
- **WebMD Drug Comparison Tool.** For many people, prescription drugs play a significant role in their health care. So WebMD has created a helpful tool that allows you to research and compare various drugs, both brand name and generic, used to treat specific conditions. When you want to know more about a specific drug, you'll be able to learn about side effects, common interactions, and more.
- **WebMD Health Record.** This secure online tool lets you store personal health information like medical and pharmacy records, laboratory results, and other medical data – for you and your family members. It can even help you to keep track of doctor's appointments, weight, medications, blood pressure readings, and more.

*****Disclaimer*****

The health information provided on the web site is provided by Intracorp solely for informational purposes as a public service to promote consumer health. It does not constitute medical advice and is not intended to be a substitute for proper medical care provided by a physician. The Office of Insurance and Intracorp assume no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied on this site. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations. Do not rely on information on this site as a tool for self-diagnosis.